

Tea-
time
Tasties



*Being a little book
of Dainty recipes for
the Tea-time Hostess ...*



ESTHER BROOKS

ckbk 1540

Coolidge Bk 1

MCGILL
UNIVER-
SITY ~
LIBRARY

Tea-time Treaties

157

MILL

SB7

CK

*This Little Book is dedicated
to the enjoyment and instruction of
all lovers of good tea*

*"The Muses' friend, tea, doth our fancy aid,
Repress the vapours which the head invade,
And keeps the palace of the soul serene."*

So wrote the poet Waller centuries ago, and now we add dainty, tasty trifles and things gathered from far distances and culled from carefully guarded recipe books in private homes, and bearing the musical names of the Orient, for many of them came from Eastern lands where afternoon tea originated.

Printed in Canada for the
T. H. ESTABROOKS CO., LIMITED
Proprietor: RED ROSE TEA AND COFFEE

C1925

1920's?

Tea-time Tastes



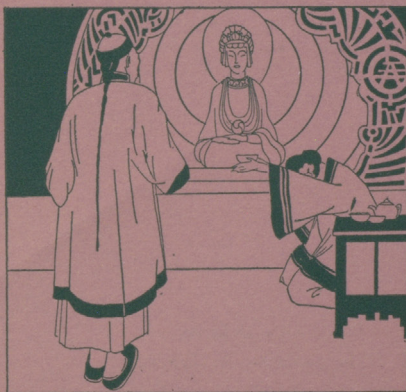
THE homiest and yet most "stirring" word in our language is Tea. A merry word! A cheery name! Linked with the laughter and fireside chatter of many generations.

Down through the avenue of years it has come to us to the tinkle of silver and the clink of China.

Gifts from the Magic East

Old, old China gave us the name—Tcha. We changed it to Tea, to suit our palates. The first tea, also, came from China. But long ago it was superseded by teas from India and Ceylon, such as RED ROSE TEA.

Eastern, also, is the custom of serving afternoon tea. It originated in the Japanese tea ceremony which flourished many centuries ago.



The Oriental
believes Tea
a gift from
his gods

Tea-time Tasties

Where We Got the 5 o'Clock Tea Idea

“**C**OME to Tea” in ancient Japan was an invitation to honor the gods. Tea Masters, adepts in the ritual, presided.

The Tea Room was called the Sukiya, meaning “The Abode of Fancy”. The first and greatest Tea Master was Rikiu. He was so popular as a host that the Emperor became jealous

*Delightful
custom of
Afternoon
Tea*



and ordered him to destroy himself. The last tea of Rikiu is part of Japanese history.

No such unkind fate awaits the popular 5 o'clock tea hostess here—only happiness sits at her table.

Tea-time Castles



HIS Eastern gift to Western culture was brought to England in the early sixteen hundreds. As delightful as the aroma in which they thrived is the tale of the tea taverns near London—The Marylebone—The Apollo—Merlin's Cave—The Dog and Duck—Bagnigge Wells and many others. Of the last we find a mention in an old poem:

"'Tis drinking tea on Summer Afternoons
At Bagnigge Wells with china and gilt spoons."

The Famous Buns of Chelsea

Dainties of many kinds were served with the tea in the arbors. At one time Chelsea Buns were very famous.



In the Early Days only the very wealthy could afford to drink Tea

Tea-time Tasties

Greater Delicacies to be Had Today



ANY an anxious Gossip listened at her door for the cry, "White Conduit Loaves" and hailed with joy the rattle of the baker's waggon, when she wished to furnish a tea table tasty to her friends.

The last Chelsea Bun was long ago eaten, and the recipe for "White Conduit Loaves" is a legend, but you can drink RED ROSE TEA of whose richness and fragrance your ancestors never dreamed. Then there are other delicacies to be had today that would have made those ancient gossips' mouths water.

Sandwiches are Fashionable

On almost every occasion sandwiches are the correct things to serve. The Earl of Sandwich, in 1758, adopted this form of refreshment while in the midst of exciting play at the gaming tables. He started a noble custom.

They are easily made and are tasty morsels at afternoon tea. Some of the daintiest are given here.

Simla Sandwiches

1 Cream Cheese	Bread	Chopped Peanuts
$\frac{1}{8}$ Teaspoon Salt	12 Dates	Butter

Cream the cheese and add the dates stoned and chopped and the salt. Spread on slices of buttered bread, sprinkle with chopped peanuts and cover with buttered bread.

Ayah Tidbits

After removing crusts, lightly butter slices of very fresh bread. Place a stick of celery across the bread from corner to corner. Press the opposite corners together and fasten with a toothpick. Place a stuffed olive on each end of toothpick.

Tea-time Treats

Ranee Ribbons



CUT crusts from fresh bread and cut in $\frac{1}{4}$ inch slices. Spread one slice with butter, then with white cream cheese and finely chopped parsley mixed together. Cover with second slice of bread and spread with crushed banana and finely chopped maraschino cherries, cover with third slice of bread and spread with first mixture. Put another slice of bread on top. Wrap well and when ready to serve, slice thin.

Nirvana Sandwiches

- | | |
|--------------------------------|------------------------------------|
| Cream Cheese | 2 Tablespoonfuls Butter |
| 1 Cup Chopped Walnuts | $\frac{1}{2}$ Cup Chopped Pimentos |
| $\frac{1}{4}$ Cup Orange Juice | Whole Wheat Bread |
| $\frac{1}{2}$ Teaspoon Salt | Butter |

Cream the cheese and add gradually the butter and orange juice. When well blended add the chopped pimentos, walnuts and salt. Mix well and spread between slices of buttered whole wheat bread.

Delhi Dainties

- | | |
|---------------|-------------|
| Chicken | Mayonnaise |
| Currant Jelly | White Bread |
| Bread | |

Chop cold cooked chicken and mix with mayonnaise, using one-fourth cupful of mayonnaise to each cupful of chicken. Use as a filling for sandwiches made of white bread. Make the same number of sandwiches similar in size of buttered white bread spread with currant jelly or any other red, tart, stiff jelly. Serve a chicken and jelly sandwich together.

* * * *

Try a slice of orange in place of lemon in your cup of afternoon tea. It is a change many like.

Tea-time Tasties

Darjeeling Delights



THE following sandwich spreads are delicious:

Banana, mayonnaise and chopped nuts.

Cream cheese and raspberry, strawberry or fig jam.

Peanut butter and currant jelly.

Minced ham and pepper jam.

Tomato conserve and chopped nuts.

Orange Marmalade and chopped nuts.

Peach, grape, strawberry, raspberry, or dried apricot jams with or without chopped nuts.

Chopped egg, cucumber and mayonnaise.

Peanut butter and honey.

Chopped egg and pickle.

Canned pineapple, powdered sugar and lemon juice.

Pineapple, cream cheese, mayonnaise.

Cream cheese, jelly or jam.

Nut bread and butter.

When to Steep Tea Lightly

Five o'clock tea has a ritual of its own, adopted unconsciously, and become custom from years of acceptance. It is a dainty occasion, the hour for light, cheery talk and the tea must be just right—truly fragrant and lightly steeped—so that the delicate aroma and sweetness may not be lost. RED ROSE TEA is *par excellence* the tea for this occasion.

British Squares

Cut bread in two-inch pieces $\frac{1}{4}$ inch thick.

Spread with grated cheese and place square of thin bacon on top. Cook under broiler until bacon is cooked. Serve hot.

Iced Red Rose Tea

The best way to make it is to brew a pot of tea in the usual manner and pour the liquid into glasses filled with chopped ice. Fresh tea is cooled instantly.

Tea-time Tasties

Oriental Salad



ON individual plates arrange sliced pineapple on crisp lettuce leaves. On each slice place a ball of cream cheese mixed with chopped walnuts.

Punjab Salad

On a plate of crisp lettuce arrange one banana quartered lengthwise. Spread with mayonnaise and sprinkle with chopped peanuts. Add sliced pineapple cut in pieces, and dates. Serve with mayonnaise dressing.

Chappattis

3 Cups Standard Oatmeal $\frac{1}{2}$ Teaspoon Soda
1 Cup Flour Salt
 $\frac{1}{2}$ Cup Butter

Enough hot water to roll thin. Bake in irregular pieces.

Celestials

2 Eggs	$\frac{1}{8}$ Teaspoon Cloves
$\frac{1}{2}$ Cup Powdered Sugar	1 Tablespoon Orange
$\frac{3}{4}$ Cup Flour	Peel, finely cut
$\frac{1}{3}$ Teaspoons Salt	Grated Rind $\frac{1}{2}$ Lemon
$\frac{1}{3}$ Teaspoon Cinnamon	$\frac{3}{4}$ Cup Almonds

Beat the whites of the eggs until stiff and add sugar gradually, continuing the beating. Then add yolks of eggs well beaten, flour mixed and sifted with salt and spices, orange peel and lemon rind. Blanch almonds, cut in small pieces crosswise and bake in a slow oven until well browned. Fold into the mixture and drop by spoonfuls on a sheet dredged with cornstarch and sugar in equal proportions. Bake in a moderate oven.

Tea-time Castles

When Strong Tea is Essential



At the regular evening meal, tea or supper, when the family are united about the table, and tea is the climax to the meal—when you are particularly in need of refreshment—your husband is tired after a long day at the office—when, in fact, everyone needs a pick-me-up—then, ah, then, you will find in RED ROSE TEA hidden depths of richness, strength and flavour that five or even six minutes of brewing will bring out—satisfying and refreshing to the last degree—*la bien affaire*.

Kota Rajas

1 $\frac{3}{4}$ Cups Cracker Crumbs $\frac{3}{4}$ Cup Flour
 $\frac{1}{2}$ Cup Granulated Sugar 1 Teaspoon Baking Powder
 $\frac{1}{2}$ Cup Butter 1 $\frac{1}{2}$ Tablespoons Milk

Cream the butter and add sugar gradually. Add part of flour, sifted with baking powder. Then add milk, cracker crumbs and the remaining flour. Spread $\frac{3}{4}$ of this mixture in a buttered pan. Place lemon filling on top and then spread the rest of the mixture on top of lemon. Press down. Bake in a moderate oven. Strips of blanched almonds may be put on top of cakes, if desired.

Colombo Almond Squares

$\frac{1}{2}$ Cup Butter 1 Teaspoon Baking Powder
1 Cup Sugar Vanilla and Almond Flavoring
Yolks 2 Eggs 1 $\frac{1}{2}$ Cups Flour Pinch of Salt

Spread in pan. Beat whites of eggs stiff and add to these 1 cup of brown sugar. Spread on top of cake. Sprinkle one cup of almonds, blanched and chopped, on cake and bake for 20 minutes to $\frac{1}{2}$ hour. Cut into squares.

Tea-time Tasties

Where Good Fortune Always Lurks



MUSING and delightful is the old custom of reading fortunes in the patterns left by the leaves in the tea cup. Just as we are accustomed to gaze in the cup to try and interpret the little figures we see therein, so the Oriental as the last act in his tea ceremony lifted the empty bowl and inhaled the lingering perfume for the pure aesthetic enjoyment derived from the aroma.

The delicate leaves in RED ROSE TEA are very small and wonderful are the patterns they weave in the bottom of the cup. Truly, good fortune lurks in the bowl when this famous tea is used.

Calcutta Sweets

- | | |
|-----------------|------------------------|
| 1 Package Dates | 2 Egg Whites |
| 1/4 lb. Almonds | 1 Cup Granulated Sugar |

Stone dates and cut in three pieces. Blanch almonds and fry in butter until light brown. Sprinkle with salt and drain on paper. Beat egg whites stiff and stir in sugar slowly. Mix together and drop in spoonfuls into baking tin. Bake in moderate oven for ten minutes. When nearly cold remove from tin and pinch into rough shapes.

Dum Dums

- | | |
|----------------------|----------------------------|
| 2 Egg Whites | 1/2 Teaspoon Vanilla |
| 1 Cup Powdered Sugar | 1 1/2 Cups Shelled Almonds |

Put almonds through a food chopper, leaving the skins on. Beat egg whites stiff and add powdered sugar. Add flavoring. Mix the chopped almonds with enough of the meringue to hold ingredients together. Shape mixture into balls and dip into remaining meringue. Lift with a fork to a buttered bake sheet and bake in a moderate oven until a crust forms.

Tea-time Treats

Mandalay Marshmallows



ARRANGE marshmallows on social tea or thin unsweetened cracker. Make a deep impression in centre of each marshmallow, and in each cavity drop $\frac{1}{8}$ teaspoonful of butter. Arrange on bake sheet and bake until marshmallows spread and nearly cover cracker. Insert $\frac{1}{2}$ candied cherry in each cavity.

Pondicherries

$\frac{1}{2}$ lb. Candied Cherries 1 Cup Shredded Cocoanut
 $\frac{1}{2}$ lb. Shelled Almonds 1 Egg

Put cherries and almonds unblanched, through food chopper, add cocoanut and egg beaten. Form into balls and roll in granulated sugar.

Bombay Jumbles

1 lb. Butter 2 Eggs 1 Cup Sugar Salt
1 Dessertspoon Vanilla 2 Cups Flour

Drop in small pieces far apart on baking sheet. Dip fingers in cold water and spread thin. Bake in moderate oven until edges brown.

Kashmir Lilies

Make a small sponge cake mixture. Drop by teaspoon on sheet about four inches apart. Bake and when hot fold in shape of cone. Hold in shape by toothpick. Work quickly. When ready to serve, remove toothpick and fill with whipped cream.

Lucknow Mists

1 Cup Butter 1 Teaspoon Baking Powder
3 Heaping Tablespoons 2 Eggs, Beaten
Sugar 1 Heaping Cup Cornstarch

Mix in order given. Bake in small muffin tins and frost with mocha frosting when cold.

Tea-time Tasties

Indian Bazaar Fluff

2 Cups Light Brown Sugar $\frac{1}{2}$ Cup Cold Water
 $\frac{1}{2}$ Teaspoonful Cream of Tartar

Boil until it threads from spoon and pour on white of one egg, beaten stiff. Flavor with peppermint or vanilla. If vanilla is used nuts are an addition. When stiff enough to stand up when dropped from tip of spoon, drop in this manner on greased plate and allow to harden.

Loralai Filling

Juice and Rind of Lemon 1 Tablespoon Cornstarch
 1 Egg 1 Tablespoon Hot Water
 1 Cup Granulated Sugar 1 Tablespoon Butter

Melt butter in upper boiler. Mix sugar and cornstarch in a bowl and add slightly beaten egg, rind and juice of lemon and hot water. Put in upper boiler with melted butter and cook, stirring constantly until thickened.

Kandy Trifles

$\frac{1}{2}$ Cup Butter 5 ozs. Flour $\frac{1}{4}$ Teaspoon Vanilla
 $\frac{1}{2}$ Cup Sugar 2 Eggs Shredded Almonds

Mix. Drop by spoonfuls on buttered baking sheet. Spread very thinly, using a knife, in circular shapes about three inches in diameter. Sprinkle with almonds, and bake in a slow oven. Remove from pan and shape at once over handle of a wooden spoon.

Assam Gems

Use any chocolate cake mixture. Pour a little of the batter into the bottom of buttered gem pan. Place a small piece of marshmallow in each cake and cover with more butter. Fill tins only three-quarters full. Bake in a moderate oven. Ice each cake on top with chocolate icing and dip in chocolate spray.

Tea-time Tasties

Adam's Peak Muffins

$\frac{1}{4}$ Cup Butter	1 Cup Milk
Scant $\frac{1}{2}$ Cup Sugar	2 Cups Bread Flour
$\frac{1}{2}$ Teaspoon Salt	5 Teaspoons Baking Powder
	1 Egg

Cream the butter. Add sugar and egg well beaten. Sift baking powder with flour and add to the first mixture, alternating with milk. Bake in buttered tin gem pans 25 minutes.

Moulmein Muffins

$\frac{1}{2}$ Cup Butter	$\frac{1}{2}$ Teaspoon Baking Powder
$\frac{1}{2}$ Cup Sugar	1 Teaspoon Cinnamon mixed with $\frac{1}{2}$ Teaspoon Sugar
1 Egg	
1 Cup Bread Flour	$\frac{3}{4}$ Teaspoon Salt $\frac{1}{2}$ Cup Milk

Mix. Put in small greased muffin tins and sprinkle mixed cinnamon and sugar over the top. Bake in a hot oven about 25 minutes. Serve hot without buttering.

Himalaya Hermits

1 Cup Brown Sugar	$\frac{1}{2}$ Teaspoon Baking Soda
$\frac{1}{2}$ Cup Butter	$1\frac{1}{2}$ Cups Flour
1 Egg	$\frac{1}{2}$ Teaspoon each of Cinnamon, Allspice and Cloves
2 Tablespoons Sour Cream or Milk	$\frac{1}{2}$ Cup each Raisins and Nuts

Cream the sugar and butter. Add the egg well beaten. Add cream or milk, then flour, to which soda and spices are added. Add nuts and raisins. Drop from teaspoon.

Pagoda Rolls

Cream Cheese	Butter	White Bread
--------------	--------	-------------

Cut thin slices of fresh white bread. Spread with butter and cheese, which have been creamed together. Roll, fasten with a toothpick and toast under the broiler of gas or electric stove. Remove toothpick. Serve hot.

Tea-time Treats

Cawnpore Biscuits



BAKING powder biscuit recipe but use 5 teaspoons baking powder and three table-spoons crisco. Roll dough thin. Cut with round cutter. On each piece put a spoonful of the following mixture: $\frac{1}{2}$ cup brown sugar, $\frac{1}{2}$ cup chopped nuts, 2 tablespoons butter, $\frac{1}{2}$ teaspoon cinnamon, fold over. Brush with white of egg, sprinkle with cinnamon and sugar. Bake 12 minutes at 400°F. Serve hot.

Chittagong Cakes

$\frac{1}{2}$ Cup Butter
1 Cup Sugar
2 Eggs

$\frac{3}{4}$ Cup Flour
1 Teaspoon Baking Powder
Vanilla

Cream butter and add sugar gradually. Add well beaten yokes and then the flour mixed and sifted with baking powder and vanilla. Spread in a buttered pan. Chop 1 cup dates and 1 cup walnuts and sprinkle over the mixture in the pan. Beat whites of 2 eggs stiff; add 1 cup brown sugar. Spread on top and cook in a slow oven until it shrinks from sides of pan. Cut in squares.

Rangoon Rolls

Use recipe for Baking Powder Biscuits rolling dough to $\frac{1}{4}$ inch thickness. Spread with melted butter and then a layer of cinnamon and sugar mixture (raisins or mixed peel may be added if desired). Roll the dough (as a jelly roll) and cut off $\frac{1}{4}$ inch slices. Place these, cut surface down, on baking pan. Sprinkle some of the cinnamon and sugar mixture on top of each roll. Allow to stand 10 minutes and then bake in a hot oven twelve minutes.

Tea-time Castles

A Chapter in the Story of Tea



THE Oriental says Tea is a gift from his gods to mankind for its pleasure and welfare. The way by which Tea came to the Western world was a very human one. By 1595 Drake's voyage around the world was a memory. The Plague had run its course. Great London was in the doldrums. Then, one day, all sails set, Thomas Cavendish swept up the Thames from six years' absence with a cargo of silks and spices and tales of trade and treasure from far Cathay that fired the wits of England and sent her carracks and pinnaces into every harbor on the globe.



*First shipment
of Tea arrives
in London*

Tea-time Castles

First Mention of Tea



ATTLING Spaniard, Portuguese and Dutch, the East India Company sent its first venture to the East in 1602.

On June 27, 1615, Agent R. Wickham at Firando, Japan, wrote to Agent Eaton at Macao, China, requesting "pot of the best sort of chaw." This is the first mention of tea.

For fifty years thereafter every "John Company" boat brought home a canister of tea as gifts to the King and fashionable ladies of his court. Pepys' diary records having a cup of tea on September 25, 1660. In the reign of Charles II, Act 12 imposed a duty of 18d on every gallon of tea made for sale.

Honor to Charles Browne

About this time Charles Browne was agent for the East India Company at Bantam. He was a man of courage and vision. He kept urging the company to include Tea in its list of imports. At first London merchants would not listen to him, but finally in 1668 he received an order and had the satisfaction in 1671 of making the first official consignment of Tea.

From then on Browne, although sick and lonely at his far away post kept on with his work of shipping tea and the grade was well established when he died. The big family of Brownes may well be proud of their forebear who was the first to visualize the universal use of tea.

It was 150 years later, but still by the East India Company, that Indian Tea was discovered. An expedition had been sent into the Province of Assam, Northern India, to quell an outbreak among quarrelsome mountain tribes. An officer noticed a tree resembling the tea plant. He brought back leaves which proved to be wild tea.

Tea-time Tasties

Indian and Ceylon Teas lead the World



COMMENCING forty or fifty years ago Indian Teas (especially the fine rich teas from Assam in Northern India) and Ceylon Teas came in the ascendancy, and now virtually eclipse the teas of old China and Japan.

RED ROSE TEA owes its fine flavour and strength to the skilful blending of teas from the best gardens of India and Ceylon, often high up in the mountains, closed to ordinary modes of transportation, down whose winding roads lumber bullock-carts and where coolies in endless file carry chests of the finest tea to the railways and river boats en route to the seaports.



*British soldiers
discover Tea
in Northern
India*

RED ROSE TEA "IS GOOD TEA"

Tea-time Castles



FAR cry it is today from the little farm gardens of China to the extensive well-ordered gardens of India and Ceylon. A great system prevails with men highly trained and skilled in the manufacture of tea presided over by an all-efficient English or Scotch manager.

After the tea destined for RED ROSE reaches the shipping port it is carefully tested by our agents. Again when it reaches Saint John, N.B., it is subjected to further inspection by our own expert, Mr. Walter R. Miles, who is the fifth generation of a great tea family.

Five Generations of Tea Tasters

William Lomer was Mr. Miles' great-great-grandfather—a tea merchant during the reign of George II. Mr. Miles' great grandfather was Thomas Miles, who pursued the business under George III, importing teas from the Orient at the time of the Boston Tea Party. Grandfather G. P. Miles managed the business in the reign of William IV and Victoria, while the father, G. R. Miles, carried on the family tradition under Victoria and Edward VII. The family, therefore, has followed the fortunes of tea through the reigns of six British Sovereigns. Mr. W. R. Miles has been with us since RED ROSE'S beginning.

As the kind of water used in brewing tea affects the taste very much, great skill and care is required to select the particular quality of tea that will brew bright and flavory in the alkaline waters of the Prairie Provinces. While a different tea must be selected to obtain this full flavor and strength in the soft waters which are more general in the East.

Test Red Rose Tea in Different Waters

So important is this, that our tea tasters regularly obtain supplies of water from different districts to use in their tasting.

Tea-time Tasties

Bringing Tea
down from the
Mountain
Gardens of
India



N order to distinguish the teas apart, RED ROSE in the Eastern Provinces has a package with a Red Label. While in the West it has a Green Label, and in the United States a Blue Label.

Of late years there has developed a steadily increasing demand for a still finer quality of tea—the finest Orange Pekoes and Broken Orange Pekoes, which are packed under the RED ROSE Orange Pekoe Label. In tea room parlance, this finest quality tea, which just met the ideals of our tea tasters, is known as “top quality.” These teas of course cost more than the standard quality of RED ROSE. Some may think it too expensive; when as a matter of fact, the small young leaves, so full of juice and flavor, make more cups to the pound.

Tea-time Tasties



ALL these teas we have been describing are black teas. Years ago there was a great deal of green tea used in Canada. The consumption is now very small. But for those people who like it we still put up a Japan and Ceylon Green tea in a RED ROSE package, plainly marked.

All RED ROSE TEA is sold in sealed bright metal packages, with a full guarantee on each package.

∴ ∴ ∴

RED ROSE COFFEE

"I Didn't Know You Put Up Coffee"

Despite the fact that we have been selling RED ROSE COFFEE for 20 years we often hear the above expression, probably because our business was carried on exclusively in tea so many years. Coffee is a very large feature of our business today.

The highest recommendation we can give RED ROSE COFFEE is that it is the same fine quality as our tea. Our crushing process is an important feature in its preparation, as the beans are broken into small, even grains and the chaff in the eye of the bean is loosened and extracted by air suction. This means clear, brisk coffee without using anything to settle it.

If you are not using RED ROSE COFFEE write us that you have a copy of "Tea-Time Tasties" and would like a sample of our coffee and we'll gladly mail you one. We know you'll like it.

T. H. ESTABROOKS CO., LIMITED

Head Office: Saint John, N.B.

Branches: Montreal; Toronto; Winnipeg; Portland, Me.

St. John's, Nfld.

DRIVER NB 36.1

* TX 771

T43

19202

3351824

